



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

"One person caring about another represents life's greatest value." - *Jim Rohn*

## Caregiver Tip:

When you are a caregiver, finding time to nurture yourself might seem impossible. But you owe it to yourself to find the time. Without it, you may not have the mental or physical strength to deal with all of the stress you experience as a caregiver. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it.

**Caregiver Group**  
**Wednesday, July 11, 2012**  
**4 p.m. - 5:30 p.m.**  
**Alexandria Adult Day Services Center**

Get more information at: [http://www.helpguide.org/elder/caring\\_for\\_caregivers.htm](http://www.helpguide.org/elder/caring_for_caregivers.htm)

## Resources:

### **Webinar: Managing the Stress of a Family Caregiver- July 18, 2012 1 p.m.**

Being a caregiver can be stressful, but there are ways to cope. This webinar will acknowledge the stress faced by anyone who is caring for an older adult and offer solutions on how to manage that stress. We will introduce you to the extent of caregiver stress, outline signs that stress might be affecting you, and offer tips on dealing with special caregiving considerations.

Register at [www.asaging.org/july-18-2012](http://www.asaging.org/july-18-2012)

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